

Fleet and Family Support Center

(301) 342-4911

<http://nas.nawcad.navy.mil/ffsc>

NAVAL AIR STATION

21993 Bundy Road
Unit 2090
Patuxent River
Maryland
20670-1132

DSN: 342-4911
FAX: (301) 342-4802

HOURS

Monday–Thursday
7:30 a.m. - 5:00 p.m.

Fridays
7:30 a.m. - 4:30 p.m.



Reservations
are
Necessary!!!



| SUN | MON | TUES | WED | THU | FRI | SAT |
|--|---|--|---|---|-----------|----------------------------------|
| <h1>February 2004</h1> | | | | | | |
| 1 | 2 Cholesterol Watch 9:30-11 a.m. Pattern Changing for Women 11 a.m.-noon Tours of the Base for the Community: 1-2 p.m. Marketing Yourself for a Second Career: 1-4 p.m. | 3 Relationship Enhancement 4-5 p.m. Active Parenting 6-8 p.m. Stress Management 6-8 p.m. | 4 Anger Management 2-3 p.m. Kicking Back & Speaking Out 3:30-4:30 p.m. | 5 VA Representative 8-11:30 a.m. Banking & Financial Services 9-10 a.m. Play Group 10-11:30 a.m. Strengthening Stepfamilies 3:30-4:30 p.m. | 6 | 7 |
| Transition Assistance Program (TAP) Feb 2 thru 5 from 8 a.m. to 4 p.m. | | | | | | |
| 8 | 9 | 10 Home Buying Seminar 8:30 a.m.-noon FISH: 11:30 a.m.-12:30 p.m. Prenatal: Labor & Delivery: 2-3 p.m. Relationship Enhancement: 4-5 p.m. Active Parenting: 6-8 p.m. Ombudsman Assembly: 7-9 p.m. | 11 Credit Management 9-10:30 a.m. 10 Steps to a Federal Job 9 a.m.-noon Anger Management (last class): 2-3 p.m. Kicking Back & Speaking Out: 3:30-4:30 p.m. | 12 Thrift Savings Plan (TSP) 9-10:30 a.m. Career Assessment: 9-11:30 a.m. Play Group: 10-11:30 a.m. Married to the Military: 1-3 p.m. Strengthening Stepfamilies 3:30-4:30 p.m. Lincoln's Birthday | 13 | 14 ST. VALENTINE'S DAY |
| 15 | 16 PRESIDENTS DAY | 17 Reading Federal Job Announcements 12:30-2:30 p.m. Relationship Enhancements (last class): 4-5 p.m. Active Parenting: 6-8 p.m. Stress Management: 6-8 p.m. | 18 Welcome to Pax 9 a.m.-noon Myers-Briggs (Session 1 of 2) 1-3 p.m. Kicking Back & Speaking Out 3:30-4:30 p.m. | 19 VA Representative 8 a.m.-3 p.m. Play Group 10-11:30 a.m. Writing KSA's 12:30-3 p.m. | 20 | 21 |
| 22 WASHINGTON'S BIRTHDAY | 23 | 24 Resume Solutions: 9-11 a.m. Cleaning & Clearing of Base Housing: 1-2 p.m. Active Parenting: 6-8 p.m. Stress Management 6-8 p.m. | 25 Budget for Baby 10 a.m.-noon Kicking Back & Speaking Out 3:30-4:30 p.m. | 26 Developing Financial Goals: 8-9 a.m. Play Group 10-11:30 a.m. Pink Slip to Pay Check 11:30 a.m.-12:30 p.m. | 27 | 28 |
| 29 | <p>Meeting Your Needs at Home and at Sea</p> <p>MISSION READINESS BEGINS AT HOME</p> | | | | | |